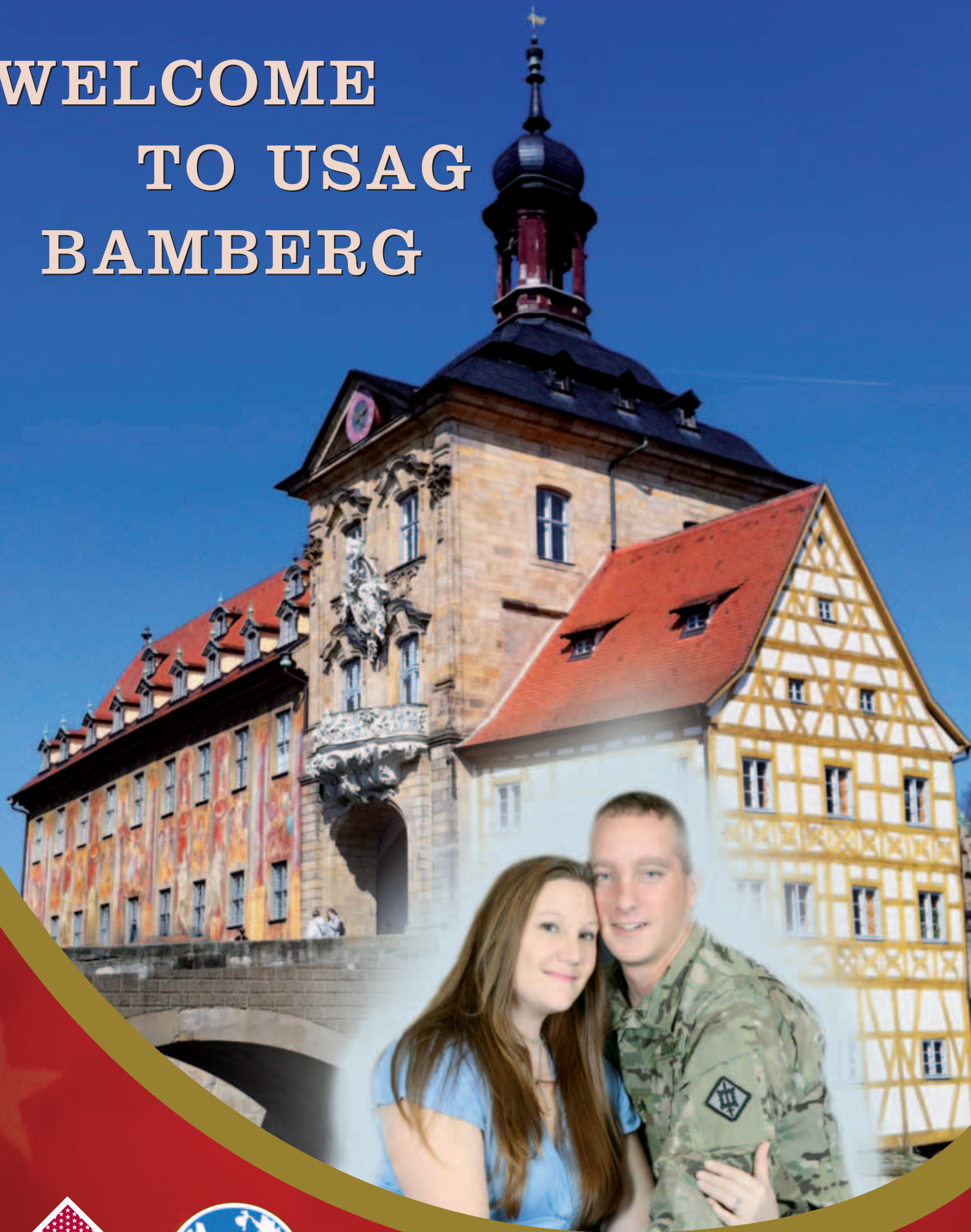


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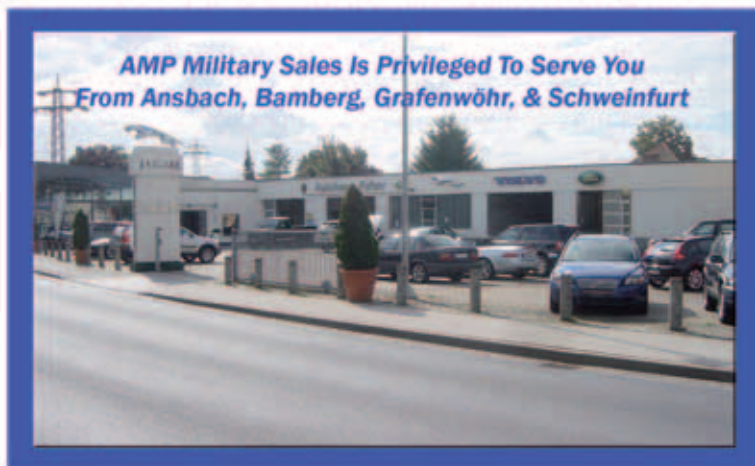
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WELCOME TO WARNER BARRACKS AND THE CITY OF BAMBERG

Welcome to Warner Barracks and the city of Bamberg.

Bamberg and its surroundings offer experiences you can cherish the rest of your life. People from all over the world visit this northern Bavarian town and you can be proud to call it your home away from home.

There are many great things about this area in Bavaria known as Upper Franconia and I encourage you to experience this great community outside our installation. We enjoy an excellent relationship with our German hosts and work hand-in-hand with local businesses and community leaders to ensure our military community members are well taken care of during their tour here.

Bamberg has just about everything you will need during your tour in Bavaria; the city has plenty of shopping in the area and its public transportation is inexpensive. Residents can travel easily to destinations through the city using the city's buses.

While there are many events outside our installation, there are several activities, events and programs the installation has to offer. The Community Activities Center and library have programs for adults and children. Family and Morale, Welfare and Recreation has something for everyone. Trips to Christmas markets throughout Germany, weekends in Prague, Czech Republic, and snowboarding in the Alps are just a few examples of the numerous activities offered by MWR services.

The installation has many things to offer to the community, but the most you have to offer to the installation is your involvement. I ask that you fully participate in our recycling and energy conservation programs. Regardless if you live in government housing, the barracks or off post, the standards are the same; German law and U.S. policy mandate recycling and energy conservation; therefore, all residents must participate.

In closing, I hope you will make the best of your tour in Bamberg and will remember this city as one of the greatest places you have ever lived.

Sincerely,

Lt. Col. Steven L. Morris
Commander, U.S. Army Garrison Bamberg

Welcome to Bamberg! I welcome you and your family who are far away from home to our beautiful city.

Doesn't this fact feature symbolism? In the year 1,000 A.D. the late emperor Henry II presented his bride Kunigunde with the city of Bamberg as a wedding gift as a sign of his devotion. My dear soldiers, I hope you will soon feel love or at least sympathy for your new temporary center of life and home. You will quickly experience that a walk through Bamberg is like a historic time travel: The Emperor's Cathedral (Kaiserdom), former St. Michael Monastery (St. Michael Kloster), the Old City Hall (Altes Rathaus), the New Residence (Neue Residenz), and Little Venice (Klein Venedig) – just to name a few examples.

But Bamberg has even more sights to offer. The very new "Bambados" indoor pool is an ecologic showpiece setting European standards. Families, people seeking recreation, and sport enthusiasts will get their money's worth. In addition the concert and congress hall (Konzert- und Kongresshalle) and the Stechert Arena offer a variety of free-time and evening-filling programs – classical-music events, rock concerts, conventions and, of course, the games of the Brose Baskets, already 4-time German basketball champions.

Bamberg's people have a very special relationship to beer. This fact is easy to understand if you visit the Bamberg breweries and the great number of rustic inns. Even today there are still nine independent breweries, and together they are brewing more than fifty different types of beer. An even better way of getting to know the Bamberg way of life is drinking a beer in beautiful weather, of course "on top of a cellar", and enjoying a Franconian specialty like bratwurst, "Schäufala", a roast pork with crackling, or the "Brotzeit", a popular snack consisting of bread, cold cuts, cheese and more. In Bamberg the beer gardens are called "cellar", a place where local people and visitors easily strike up a conversation between each other.

I would like to invite you to leave base as often as possible to get to know Bamberg with all its features. You will be surprised in a positive way!

Most of all I wish you a good time in our city. Once again, welcome.

Yours, Andreas Starke, Lord Mayor of Bamberg

INDEX

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1	Welcome to Warner Barracks and the city of Bamberg
4	Bamberg at a Glimpse <i>by Chris Romey & Simon Hupfer</i>
10	Getting around Bamberg/Germany <i>by Chris Romey, MWR Marketing Volunteer</i>
16	Emergency Medical Care in Bamberg
20	Join a Club
30	Mobile internet, smart phone carriers duping consumers <i>by Douglas DeMaio, USAG Bamberg Public Affairs</i>
34	Passport <i>by Mindy Campbell, USAG Bamberg Public Affairs</i>
38	People Encouraging People celebrates class Reunion <i>by Szilvia Ascencio-Csapó, Family & MWR Marketing Volunteer</i>
40	Within the pales of the Church
42	Confused about mobile phone plans abroad?
46	It all Makes "Cents" – Recycling and Energie Saving <i>by Dr. Isabelle Fahimi</i>
48	Greetings and Good Byes on a BOSS Trip <i>by Szilvia Ascencio-Csapó, MWR Marketing Volunteer</i>
50	Family Affairs <i>by Simon Hupfer, MWR Marketing Manager</i>
56	Impressum

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Home Base

BAMBERG AT A GLIMPSE

*by Chris Romey, MWR Marketing Volunteer
& Simon Hupfer, MWR Marketing Manager*



Bamberg is located in Upper Franconia. The Regnitz River runs through, and the Main Danube Channel along this unique town, creating a small, but vibrant island district. The medieval appearance of Bamberg's old town has a vast list of historical attractions, cafés and stores, winning it the United Nations Educational, Scientific and Cultural Organization, or UNESCO, World Heritage Site Award in 1993. Bamberg is now listed among other popular tourist destination and UNESCO awarded sites such as the Historic Center of Florence, Old City of Jerusalem and Historic Cairo.

Bamberg's old town is an architectural treasure not only for those interested in baroque styled buildings but for anyone new to European architecture. With more than 2400 buildings still undamaged and intact after World War II bombings, the old town's lanes, squares, cafés and shops are what accentuate Bamberg's festive atmosphere. The cafés are filled daily

with students attending the local schools and universities and the streets are crowded with but a handful of the almost 3 million tourists that annually visit Bamberg.

The Rome of the North

Bamberg was the vision of Holy Roman Emperor Heinrich II to make Bamberg the Rome of the North. Why? Because Bamberg, like the city of Rome, also has seven hills: Cathedral Hill, Michaelsberg, Kaulberg, Stefansberg, Jakobsberg, Altenburger Hill and Abtsberg.

Cathedral Hill (or "Domberg" as locals call it), being perhaps the most dominant hill in Bamberg, is grounds to the Saint Peter's and Saint Georg's Imperial Cathedral. It is the seat of the Archbishop of Bamberg and holds the Papal grave of Pope Clement II, the only Papal burial site outside of France and Italy. Since its completion in 1012, the Cathedral



Fotos: Chris Romey

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INFO

Bamberg Tourism & Congress Services offers daily trips through April to October from 10:30 a.m. to 2 p.m. and November to March at 2 p.m. The cost is € 7 per person, € 4 for students, trainees, handicapped people (valid ID Card necessary) and are only held in German. This tour is included with the BAMBERGcard. For info call 0951 2976-200

Don't let the opportunity of discovering such a beautiful city slip away. Make the most of your stay and spend your time in Bamberg /IN Bamberg. Find out about some of the town's oldest traditions ranging from the Sandkerwa festival in August to how smoked beer originated!

Important things come first

Bamberg claims to be the beer capital of Germany, having the country's densest concentration of breweries. Beer brewing in Bamberg dates back almost 900 years and was started by the monks that founded and occupied Bamberg's medieval abbeys. According to Bamberg Tourism and Congress Service; Bamberg had a population of 17,000 in 1818 and 65 breweries that had brewed 40,000 hectoliters. Today the city still has nine beer breweries that produce more than 50 different types of beer, and 70 in its nearby villages. With such a wide range of flavors, no visitor should have to leave unsatisfied!

Because of its ecclesiastical presence and position on two rivers, Bamberg's religious leaders gained power and

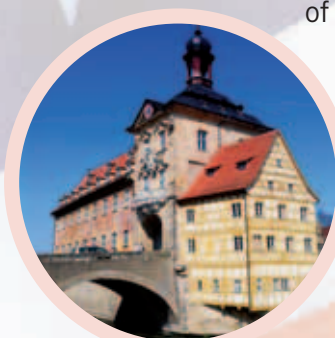
wealth. Wealth funded the resources needed for brewing beer. Since the ingredients for brewing could not be grown near Bamberg, merchants would use the waterway system to provide ample supply of hops and malt. In the 19th century Bamberg was at the centre of the European hop-trade.

Keeping it cool!

Bamberg is founded on sand. The sand was mined and sold, creating tunnels. These cold, dark tunnels turned into kilometer long passage ways under the city and were used by Bamberg's citizens. The passage ways were naturally cold, around 8 degrees Celsius, providing breweries with a perfect location to store their barrels of precious but perishable beer. Chestnut trees were planted on the surface to shelter these treasured tunnels keeping them cool and dry. People placed tables and seats in the shade, customers could then enjoy their beer purchased straight from the brew master himself.

Where should I stumble to next?

When venturing further into the "Old Town" on a weekend night, you will undoubtedly stumble across a noisy, well lit and occupied brew house called the Schlenkerla, situated at the foot of Cathedral Hill. This well-known pub has been brewing beer for six generations under the name of the Trum family. The name Schlenkerla perhaps originated from the pub's former landlord who is to have, as stated in a document, "dangled his arms and his legs so much as he strolled, they gave him the name Schlenkerla". You can still see him when you take a close look at the Schlenkerla's sign hanging in front of their door. When you step through the large ornate wooden doors of the medieval pub, constructed in the 1300's, you are greeted by noisy, but welcoming, people. It surprises one at first, to think that this building is more than 600 years old and so well preserved. The thick visible timber frames of the walls reaching up to the ceiling give each room a bold appearance and a sense of security. Only once you are seated, and have your first beer in front of you are you able to understand and admire the true Bamberger atmosphere.





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WELCOME TO BAMBERG

HOTEL BAMBERG

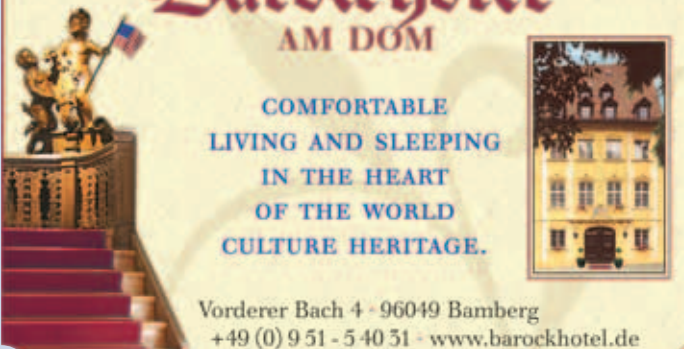


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Schlenkerla's unique smoked beer is brewed under the "Bavarian Purity Law". The law states that only three ingredients can be used to make beer, water, hops and malt. Its refreshingly smoked aroma is obtained by smoking its malt which also gives it its dark brown color. There are three different types of smoked beer, each with its own intensity of flavor: Urbock, Märzen and Rauchweizen. It is said to be an original beer that is incomparable to others, giving every newcomer a new experience.

INFO

Panorama view of Bamberg

To get a free panoramic view of Bamberg, visit the Geyerswörth Castle Tower located next to the tourist information office at Geyerswörthstraße 5, 96047 Bamberg. You will be given the key to the tower after depositing your ID card or drivers license. The tourist center also has audio guides allowing you to enjoy your own independent tour of Bamberg. These devices cost 8.50 Euros per person, or 10.50 Euros when shared between two for four hours and are available in English.

Bräu in the Wunderburg and are a great way to have a quick beer after work and save some money in doing so!

Not first but last and least!

More traditional pubs in Bamberg have what is called a "Schnitt", which translates to "a cut", a bit more than half a glass for a reduced price. This should also indicate to your friends that you are enjoying your last beer of the evening and will be going soon. This being another good example of the Bamberger spirit!



There is always time for a "Schwemm"!

If you happen to get your beer served through a small window, perhaps a few cents cheaper and can't find a place to sit down, then you are probably in a "Schwemm". A Schwemm is usually located at the entrance and is not officially seen as part of the pub. This allows men to truthfully answer "No, I have not been to the pub" when asked by their wives.

These "take-away-like" Schwemms are still seen in pubs like the Schlenkerla in the old town, the Klosterbräu at the Obere Mühlbrücke and the Mahrs

Have a beer on a cellar

German beer gardens are a great adventure for any tourist new to German culture. These establishments are located in the open air, on top of a cellar, and under the shade of trees. It is said to enjoy a beer "on" a cellar, instead of in one. This originated from customers enjoying their beer under the shade of the chestnut trees which were planted on top of the cellars to keep them cold and dry. A lot of these gardens are located on the edge of town and provide not only a fresh beer but snack food and a great view of the city.

INFO

New to the sport?

Novices to the fine art of German beer drinking can partake in a tasting tour offered at the Bamberg Tourism & Congress Service center. Included is an English speaking guide upon request who will show you and your group around the Franconian brewery museum located on the Michelsberg while enjoying a few beer samples alongside a dinner of meatloaf, pretzel or cheese spaetzle. For more information, visit one of these helpful websites www.bambergbeerguide.com www.beerguide.de

Experience "Bamberger Tradition"!

The annual Sandkerwa, held every August in the Old Town, is an event every Bamberger looks forward to today. Originally founded to celebrate the consecration of the St. Elisabeth Church, nowadays Bamberg's Sandkerwa is a fun-for-all folk festival with highlights such as the Fishermen's Joust, a tradition that started in the 15th century. Two men battle on adjacent positioned long boats with whacking sticks, as well as plenty of local beer and festive music. The streets are filled with people, carnival music, and candy stands.



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GETTING AROUND BAMBERG/GERMANY

by Chris Romey, MWR Marketing Volunter

Germany has a well structured public transport system. The service is frequent, reliable, comfortable, cheap and efficient. Bamberg joined the “VGN” (Verkehrsverbund Großraum Nuremberg) in 2010. This zone covers more than 14,000 square kilometers around Nuremberg and is the largest transport system in Bavaria with 650 transport vehicles available. People traveling within the VGN are only in need of one ticket, thus saving money and connecting Bamberg with other larger cities.

“We move Bamberg”

Bamberg’s bus system is superb. More than 20 bus lines run through and around the city connecting Bamberg with Bischberg, Gundelsheim, Hallstadt, Memmelsdorf

and Stegaurach, stopping as frequent as four times an hour at stops within Bamberg. The route of each bus begins and ends at the Central Bus Station also known as the Zentrale Omnibus Bahnhof (ZOB), located in the heart of Bamberg’s shopping district. Traveling in Bamberg is cheap. Those wanting to travel from point A to point B will only need to purchase one ticket. Your ticket is valid for one hour once purchased. If your journey requires you to swap busses at the ZOB, you have the opportunity to go for a quick shop before getting on the next bus, but keep an eye on the time! Tickets can be purchased from ticket machines stationed at the ZOB and at several busy bus stops. Bus drivers can also, but are limited to, selling stage tickets and day-cards, normally more expensive.



Foto: Simon Hupfer

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Traveling Long Distance

The **Inter City Express** is the flagship of the German Rail system. These comfortable trains reaching up to

300km/h, are connecting larger metropolitan cities at their Central Train Stations (Haupt Bahnhof).

Inter City (IC) and **Euro City (EC)** trains connect the larger domestic destinations at an hourly pace. The Euro City train also provides connections into neighboring countries. In addition to these intercity trains, night trains are available for those who wish to travel at night. Night trains offer sleeping units. Reserving a seat is recommended.

Just around the corner

The **Inter Regional Express (IRE)** connects regional cities where as the **Regional Express (RE)** connects the smaller towns and cities to Central Stations such as Bamberg and Nuremberg.

The **Regional Bahn (RB)** is a slow means of transport but great because it connects most small villages and towns to larger train stations and cities.

All German trains are equipped with onboard rest rooms and air conditioning. Some of the newer small trains such as the Regional Express have a cart offering snacks and refreshments. Modern trains like the Inter City Express have onboard bars, bistros and lounges, serving German and international meals. The bistro lounge is usually in the middle wagon of the ICE.

Tickets

At central train stations such as Bamberg and Nuremberg, you will find a service center/ticket counter called "Reisezentrum". Here you will find tourist information and can purchase Inter City ticket. However you will be charged 2 € for their service. The customer service employees generally speak English and will be pleased to help you. Tickets will not need to be purchased through the Service Center when traveling with RE or RB trains. Ticket machines are scattered around central train stations and generally well advertised. Several European languages are available as well as English. Navigating the ticket machines might be something not everyone understands the first time but central train stations have station guides walking around, and generally near the ticket area to lend their assistance.

INFO

Einzelfahrkarte (Single Tickets)

Erwachsene (Adult)	1,60 Euro
Kinder (6-14 Jahre) (Child)	0,80 Euro

Mehrfahrtenkarte (Multi Ticket)

4-er Karte Erwachsene (Adult)	4,70 Euro
4-er Karte Kinder (6-14 Jahre) (Child)	2,60 Euro

Tagesfahrkarte (Day Tickets)

TagesTicket Plus (1-6 Pers., max. 2 Erw.)	7,30 Euro
Bamberg Card*	9,00 Euro

Those attending basketball games at the Stechert Arena can park their car at the Park+Ride (P+R) stations at Heinrichsdamm and Breitenau and drive with the shuttle service starting 90 minutes before and 120 minutes after the game for free!

P+R Deals	(Park card + Ticket)
P+R Tageskarte Einzel (Single Day Card)	1,00 + 1,00 Euro
P+R Tageskarte Gruppe (Group Day Card max. 5 ppl.)	1,00 + 2,50 Euro
P+R Monatskarte (Month Card)	10,00 + 13,00 Euro
P+R Jahreskarte (Year Card)	96,00 + 124,80 Euro

*valid for three days after purchase and allows for unlimited travel in zone 1. Prices are subject to change and vary depending whether purchased at the bus or at a machine.



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Fotos: Simon Hupfer

When ill informed about deals Deutsche Bahn offers, having spent a few Euros more than others arriving at your destination should not surprise you. BahnCards, Sparpreis Cards, Happy Weekend Tickets, Bavaria Cards,

Eurailpass, German Rail Pass and the CityNightLine are all deals that should be looked into before-departing on your first journey. For more information, visit www.bahn.de.

DO'S AND DONT'S IN GERMANY

Shh!

Germans are a traditional folk that enjoy their peace and quiet. Therefore it is advised to inform yourself about “quiet times” in your village, street or neighborhood. Quiet time might sound like some Kindergarten rest hour, but it is in fact the time of the day that people, especially seniors, want to enjoy their lunch or take a nap in the sun. These quiet times vary in each area but are generally around lunch time, and in the evening when most come home from work. Sunday is the “Lord’s Day” so common house work such as vacuuming, mowing your lawn or hanging out your washing can be inappropriate in some German neighborhoods. Bavaria has a law prohibiting all public noticeable work that might disturb a Sunday or a public holiday. This law does not affect farmers, the German post or public transport services as well as any work in conjunction with keeping public transport available.

A hand and a smile last a while!

German's are business people. Therefore being polite and making good first impressions are of utmost importance. Shaking hands is the most common form of greeting someone as well as when saying goodbye. Eye contact and a smile are not only polite but show respect and confidence. Therefore when at a social or business meeting, it is important to shake everyone's hand, exchange a smile and your names.

(Du ≠ Sie) = You

Addressing someone correctly is important in Germany. The formal form, Sie, is usually used in conjunction with the surname and is what separates your boss, your store clerk or your child's teacher from your mother, your best friend or your work colleagues. Giving only your first name when greeting someone implies the desire to be addressed with Du. This could, depending on the occasion, be considered inappropriate, if your boss gives his surname, and you your first. Generally the elder or higher positioned person will offer the informal form of Du. However, most Germans are aware that the use of Sie and Du is new to foreigners and take it lightly when addressed incorrectly.



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EMERGENCY MEDICAL CARE IN BAMBERG

(Article originally appeared on ermc.amedd.army.mil/ Bamberg)

A medical emergency is one in which life, limb or eyesight may be in immediate danger.

Time may be a critical factor during a medical emergency. Getting familiar with Host Nation emergency care options and civilian ambulance services before an emergency is recommended.

For medical emergencies, go to the hospital nearest you or dial 114 on post, 112 off post, or call the MP station at 0951.300.114.

The Bamberg clinic is open Monday to Thursday, 07:30 – 16:30 and Friday 07:30 – 12:00 and does not provide emergency care. During duty hours if care cannot be provided at the health clinic, you will receive a referral to a local German provider or the local hospital, Klinikum Bamberg. The health clinic is closed weekends, federal holidays and training holidays. After duty hours emergency care is provided primarily by Klinikum Bamberg. There is no cost for TRICARE Prime enrollees, but TRICARE Standard enrollees are responsible for their cost share.

As a TRICARE Prime patient, if you go to a German clinic or hospital without a referral, you must call the Inter-

national SOS emergency line at 0800.181.8505 or the clinic's TRICARE Service Center at DSN 469-7420 or 0951.300.7420 the next working day to ensure that TRICARE will cover the cost of your care. For 24-hour medical advice, call the toll-free Nurse Advice Line at 0800.825.1600.

Most Military Treatment Facilities in Europe are not staffed nor equipped to respond to a major medical emergency. Find out what emergency services are available on and off post.

USAG Bamberg Emergency Phone Numbers 24/7

	<i>DSN</i>	<i>Civilian</i>
<i>German Ambulance</i>	<i>99-19222</i>	<i>09641.19222</i> <i>Off-Post Only</i>
<i>German Police</i>	<i>469-110</i>	<i>09641.83.110</i>
<i>German Fire Dept.</i>	<i>469-112</i>	<i>09641.83.112</i>
<i>Military</i>	<i>469-114</i>	<i>0951.300.114</i>

While traveling, active duty and active duty family members can call International SOS toll-free or collect at 0800.181.8505.

If you cannot obtain assistance locally, call the U.S. Army Europe Crisis Action Center 24 hours a day. Call DSN 377-4906 or civilian (49) 06221.67.7099 from anywhere in Europe.

Civilian Ambulance Service

The U.S. Army does not provide ambulance service. You must be prepared to call and communicate with a Host Nation ambulance service. Some have English-speaking medical personnel. Some do not. It is your responsibility to know which one to call in an emergency. Your local Military Police will be able to help.

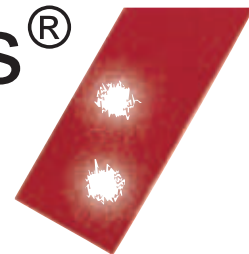
The German Red Cross has a universal phone number for requesting an ambulance. From off-post, call German civilian number 19.222. From an on-post DSN phone, call 99-19222.

Ambulances should be called for bona fide emergencies only. If you think you have an emergency that requires an ambulance, do not hesitate to call one. However, an ambulance should not be called for routine transportation.

Do not assume the ambulance service is familiar with your garrison. If you call an ambulance from on-post, be

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Consultant physician Dr. Haysam Fadel, Tel: +49 9542 779-401

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E-mail: info@steigerwaldklinik.de

Internet: www.steigerwaldklinik.de

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Klinik am Eichelberg Burgebrach - 11 Beds

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E-mail: info@klinik-am-eichelberg.de

www.klinik-am-eichelberg.de

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Consultant physician Michael Zachert, Tel: +49 9546 88-210

Internal Medicine

Consultant physician Dr. Sören Maaß, Tel: +49 9546 88-240

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sure to alert the Military Police for assistance.

Whatever your location is, have someone meet and direct the ambulance.

Emergency Rooms

Know which Host Nation hospitals offer emergency care before you need to use one. The Host Nation hospital section in this guide lists the services offered at each facility, including emergency care. If you are not near one of those hospitals, go to the nearest one with an emergency room.



In the hospital's emergency area, you may be asked to complete TRICARE forms and have a copy made of your ID card. That is standard procedure. If you have any concerns about what you may be asked to sign, talk to your TRICARE Service Center or patient liaison.

If you need a patient liaison or an interpreter during an emergency situation, call DSN 469-7853 or civilian number 0951-300-7853.

If you (Soldier or Family Member) are admitted to a Host Nation hospital, please notify your unit as soon as possible. Your unit will notify a patient liaison if you have not already done so, and the patient liaison will contact you. Clinic Commanders receive daily reports of all U.S. military patients admitted to or discharged from Host Nation facilities.

The Notaufnahme (German Emergency Room) does not operate like an American emergency room. All procedures must be done on an inpatient in order to complete full diagnostic testing.

NOTE: Active duty soldiers may not sign out against medical advice; place of duty is the hospital while admitted, the Host Nation Patient Liaison (HNPL) will be notified. Family members may sign out, yet understand the risks before doing so.

Most dental emergencies are not covered by TRICARE. For dental emergencies call the Community Staff Duty Office at civilian 0951.300.7492, they will contact the dentist on call.

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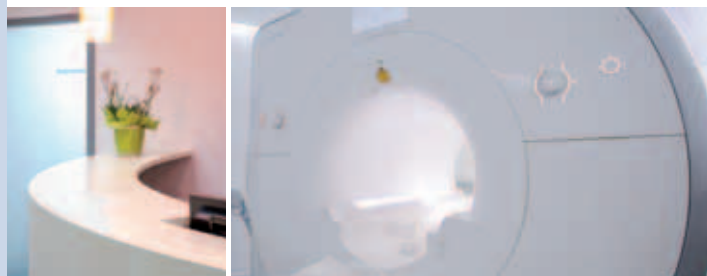
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Form of activity	Club	Contact
9 pin bowling	Bamberger Privatkegler-Vereinigung e.V.	Rainer Richter (0 95 05) 327, (09 51) 9177847
	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V.	(09 51) 36182
	Eisenbahn-Turn- und Sportverein 1930 Bamberg e.V.	(09 51) 3028131
	1. FC Eintracht Bamberg e.V.	(09 51) 49255
	Freie Turnerschaft Bamberg 1900 e.V.	Oswald Matzer (09 51) 45607
	Fußballverein 1912 Bamberg e.V.	(09 51) 12645
	Gehörlosen-Sportverein Bamberg e.V.	(09 51) 5090325
	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12315
	Polizei-Sportverein Bamberg e.V.	(09 51) 67755
	Schützenclub 04 e.V. Bamberg	(09 51) 12002
	Sportkegelclub Victoria 1947 Bamberg e.V.	Dietmar Sterk (09 51) 62584, (01 76) 70040260
	Sportkegelklub Bavaria Bamberg	Hilmar Röhlrig (09 51) 12286, (09 51) 836330
	Sportkegelklub Gaustadt 1926	Ilse Sprinkmeier (09 51) 26686
	TSG 2005 Bamberg e.V.	(09 51) 27484
	Verein Bamberger Sportkegler e.V.	Walter Grabo, Ferdinand-Tietz-Straße 33, 96052 Bamberg
	Vorm. Privil. Schützengesellschaft 1306 Bamberg e.V.	(09 51) 9122215
Aerobics	MWR Freedom Fitness Facility	(09 51) 300 8890, DSN 469 8890
	DJK Teutonia Bamberg-Gaustadt e.V.	Scharfenstein Lissi (09 51) 64924
Aikido	Aikikai Bamberg e.V.	Ulrike Pagenburg Dojoleitung (09 51) 23310
	Aikido-Gemeinschaft Bamberg e.V.	Hiroshi Higuchi (09 51) 28079
	Turn- und Sportgemeinschaft 2005 Bamberg e.V. (TSG)	Walter Hoh (09 51) 39973
American Football	American Football-Club Bamberg Bears 1986 e.V.	Maximilian Zillibiller (0 95 44) 985446
	Aero-Club Bamberg e.V.	(09 51) 45145, (09 51) 48718
	1. Badminton-Verein Bamberg 1970 e.V.	Michael Weigel (09 51) 3029144
	DJK Don Bosco Bamberg 1950 e.V.	Günter Simon (09 51) 131424
	1. FC Eintracht Bamberg e.V.	(09 51) 12848
	Minges Basket-Club Bamberg e.V.	Stefan Friedrich (01 72) 8502220
	Postsportverein Bamberg 1928 e.V.	Ralf Eitingen (09 51) 28627
	TSG 2005 Bamberg e.V.	Wolfgang Franke (09 51) 203410
	TTL Basketball Bamberg e.V.	Klaus Lisner (09 51) 1209882
	Rad- und Kraftfahrerbund Solidarität Bamberg-Gaustadt e.V.	Siegfried Friedrich (09 51) 63480
Bowling	MWR Birchview Lanes Bowling Center	(09 51) 300 7722, DSN 469-7722
	1. Bowling-Sportverein 1978 Bamberg und Umgebung e.V.	Hans-Hermann Bruse (09 51) 3092173
Boxing	Bowlingclub Bamberger Bowlinghaus e.V.	Bowlinghaus (09 51) 5191644
	MWR Freedom Fitness Facility	(09 51) 300 8890, DSN 469-8890
Canoeing	Eisenbahn-Turn- und Sportverein 1930 Bamberg e.V.	Herbert Grasser (09 51) 15970
	MWR Outdoor Recreation	(09 51) 300 9376, DSN 469-9376
Cardiovascular training	Bamberger Faltboot-Club e.V.	Dr. Michael Steber (0 95 05) 803077
	Kneipp-Verein Bamberg e.V.	(09 51) 61136
Carriage skill riding	Kutscherverein Bamberg e.V.	Otto Betz (0 95 05) 803299
	1. American Football-Club Bamberg Bears 1986 e.V.	Maximilian Zillibiller (0 95 44) 985446
Cheerleading	1. Cheerleaderverein Bamberg Lucky Bears 2002 e.V.	(01 71) 1930574
	1. FC Eintracht Bamberg e.V.	Sandra Woitek-Phillips (09 51) 2972362
Chess	Postsportverein Bamberg 1928 e.V.	Thomas Friedrich (09 51) 132211
	Schachclub 1868 Bamberg e.V.	Christoph Kastner (01 60) 96410973
Cycleball	Rad- und Kraftfahrerbund Solidarität Bamberg-Gaustadt e.V.	Siegfried Friedrich (09 51) 63480



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Form of activity	Club	Contact
Cycling	MWR Freedom Fitness Facility	(09 51) 300 8890, DSN 469-8890
	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V.	(09 51) 36182
Dancing	Der Bamberger Tanzclub e.V.	Jürgen Klausen (09 51) 303600
	Rock'n'Roll Dancing-Team Bamberg e.V. (nur Rock'n'Roll)	Peter Gagel (0 95 45) 70713
Darts	Dartclub Unicorn Bamberg e.V.	Alfred Horst (0 95 46) 1567
Diving	Deutsche Lebens-Rettungs-Gesellschaft Bamberg-Gaustadt e.V. (DLRG)	Gerhard Öhlein (09 51) 62577
	Tauchclub Bamberg e.V.	Wolfgang Kostal (09 51) 12143
Fencing	TSG 2005 Bamberg e.V.	Alexandru Anca (09 51) 1891025
Fistball	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12722
Golf	MWR Whispering Pines Golf Course	(09 51) 300 8953
	Golfclub Bamberg e.V.	Claus H. Melzer (0 95 47) 7109
Gymnastics	Golfclub Hauptsmoorwald Bamberg e.V.	Whispering Pines Club (09 51) 3007583 Anna Ley
	Allgemeiner Sportverein 1910 Gaustadt e.V.	(09 51) 63292
	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V. (auch Wassergymnastik)	(09 51) 36182
	DJK Teutonia Bamberg-Gaustadt e.V.	Gerlinde Heinle (09 51) 53127
	1. FC Eintracht Bamberg e.V.	(09 51) 12848
	Fußball-Club „Wacker“ Bamberg 1927 e.V.	(09 51) 131242
	Kneipp-Verein Bamberg e.V. (auch Wassergymnastik)	Karl-Heinz Klein (09 51) 61136
	Männerturnverein von 1882 Bamberg e.V.	Peter Röcklein (09 51) 12315
	Postsportverein Bamberg 1928 e.V.	Werner Thiele (09 51) 15332
	Rad- und Kraftfahrerbund Solidarität Bamberg-Gaustadt e.V.	Peter Müller (0 95 03) 8483
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	Männerturnverein von 1882 Bamberg e.V.	(09 51) 123 15
	Postsportverein Bamberg 1928 e.V.	Werner Thiele (09 51) 15332
	TSG 2005 Bamberg e.V.	(09 51) 201400
	Turngemeinschaft 71 Bamberg e.V.	Heribert Essel (0 95 05) 1722
Handball	Eisenbahn-Turn- und Sportverein 1930 Bamberg e.V.	(09 51) 3028131
	1. FC Eintracht Bamberg e.V.	(09 51) 12848
	Fußballverein 1912 Bamberg e.V.	(09 51) 12645
	hc 03 Bamberg e.V.	(07 21) 151270208
	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12315
	TSG 2005 Bamberg e.V.	(09 51) 201400
Hiking	MWR Outdoor Recreation	(09 51) 300 9376, DSN 469-9376
	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V.	(09 51) 36182
	Berg- und Wintersportverein Bamberg e.V.	Rainer Kliesch (0 95 45) 8979
	Sektion Bamberg des Deutschen Alpenvereins e.V. (DAV)	(09 51) 63040
	Eisenbahn- Turn- und Sportverein 1930 Bamberg e.V.	(09 51) 3028131
	Kneipp-Verein Bamberg e.V.	(09 51) 61136
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Form of activity	Club	Contact
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	Reit- und Fahrverein Bamberg Stadt und Land e.V.	(09 51) 1893927, (01 76) 66655393
	Reitclub Hippo PlusBamberg e.V.	Dr. Gunnar Burczyk (09 51) 601500
Iaido	Aikikai Bamberg e.V.	Ulrike Pagenburg (09 51) 23310
Indiaca	Christlicher Verein Junger Menschen Bamberg e.V.	(09 51) 7003939
Inline roller hockey	Eis- und Roll-Sport-Club Bamberg e.V.	Werner Friedrich (09 51) 14345
Judo	Postsportverein Bamberg 1928 e.V.	Paul Greiner (09 51) 290849
Jujutsu	Ju-Jutsu-Club Bamberg e.V.	Paul Kuhnert (0 95 02) 1057
Karate	1. FC Eintracht Bamberg e.V.	(09 51) 49255
	Kampfkunstschule Bamberg e.V.	(09 51) 31574
	Polizei-Sportverein Bamberg e.V.	(09 51) 67755
	Postsportverein Bamberg 1928 e.V.	Werner Sadlauskas (09 51) 37391
Kickboxing	TSG 2005 Bamberg e.V.	(09 51) 27484
Lacrosse	1. American Football-Club Bamberg Bears 1986 e.V.	Maximilian Zillibiller (0 95 44) 985446
Miniature golf	1. Minigolfclub Bamberg e.V.	(09 51) 131514
Motor boat (racing)	1. Motorboot- und Wasserski-Club Bamberg e.V.	Dr. Hans Partheimüller (09 11) 9704200
Motor sports	1. Bamberger Automobilclub e.V. im ADAC	Bernd Schrüfer (09 51) 48600
	ACV-Club Bamberg e.V.	Henry Fischer (09 51) 40886532
	Polizei-Sportverein Bamberg e.V.	(09 51) 67755
Mountaineering	Berg- und Wintersportverein Bamberg e.V.	Rainer Kliesch (0 95 45) 8979
	Sektion Bamberg des Deutschen Alpenvereins e.V.	(DAV) (09 51) 63040
Nordic walking	Allgemeiner Sportverein 1910 Gaustadt e.V.	(09 51) 9329570
Orienteering	Männerturnverein von 1882 Bamberg e.V.	(09 51) 123 15
Paragliding	1. Bamberger Gleitschirmclub e.V.	Stephan Albert (0 91 98) 998927
Paralympic Sport	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V.	(09 51) 36182
	Gehörlosen-Sportverein Bamberg e.V.	(09 51) 5090325
	TTL Basketball Bamberg e.V. (Rollstuhl-Basketball)	(09 51) 1209882
Pétanque	Deutsch-Französischer Club Bamberg e.V. - Sektion Pétanque -	Joel Tharreau (0 95 42) 625
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	DJK Don Bosco Bamberg 1950 e.V.	Harald Flutschka (0 95 43) 441655
	DJK Teutonia Bamberg-Gaustadt e.V.	Lamprecht Peter (09 51) 7002563
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	1. FC Eintracht Bamberg e.V.	Helmut Huber (09 51) 9710890
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	Postsportverein Bamberg 1928 e.V.	Pius Schiele (09 51) 27525, (09 51) 986851
	TSG 2005 Bamberg e.V.	(09 51) 201400
Pool billard	TSG 2005 Bamberg e.V.	(09 51) 201400
	8-Ball-Crew Bamberg e.V.	(09 51) 37978
Psychomotricity	Verein zur Bewegungsförderung und Psychomotorik Bbg. e.V.	Anne Rahm (0 95 05) 1083
Qigong	Kneipp-Verein Bamberg e.V.	(09 51) 61136
	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12315
Rock climbing	Sektion Bamberg des Deutschen Alpenvereins e.V. (DAV)	(09 51) 63040
Roller hockey/ roller skate artistic	Eis- und Roll-Sport-Club Bamberg e.V.	Robert Will (09 51) 34126
	Rad- und Kraftfahrerbund Solidarität Bamberg-Gaustadt e.V.	Siegfried Friedrich (09 51) 63480
Rowing	Bamberger Rudergesellschaft von 1884 e.V.	Peter Scholler (09 51) 57218
Rugby	TSG 2005 Bamberg e.V.	(09 51) 201400
Self defense	Kampfkunstschule Bamberg e.V.	(09 51) 31574
Shooting	Armbrust-Schützengilde „Hofer“ Bamberg-Gaustadt 1897 e.V.	Elmar Ritter (09 51) 63592
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	Schützengesellschaft Hamonia 1901 Bamberg e.V.	Rainer Lautenbacher (09 51) 500728, (09 51) 8631044
	Vorm. Privil. Schützengesellschaft 1306 Bamberg e.V.	(09 51) 91222-15
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	Sektion Bamberg des Deutschen Alpenvereins e.V. (DAV)	(09 51) 95163040
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	Allgemeiner Sportverein 1910 Gaustadt e.V.	(09 51) 63292
	Allgemeiner Sportverein Viktoria Bamberg e.V.	(09 51) 5832509
	Ball-Spiel-Club Bamberg 1920 e.V.	(09 51) 39475
	DJK Don Bosco Bamberg 1950 e.V.	(09 51) 53431
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	Fußball-Club Sportfreunde Bamberg 1919 e.V.	(09 51) 130257
	Fußball-Club „Wacker“ Bamberg 1927 e.V.	(09 51) 131242
	Fußballverein 1912 Bamberg e.V.	(09 51) 12645
	Gehörlosen-Sportverein Bamberg e.V.	(09 51) 1324627
	Postsportverein Bamberg 1928 e.V.	Reinhard Großheim (09 51) 54944
	1. Sportclub 1908 Bamberg e.V.	(09 51) 36043
	TSG 2005 Bamberg e.V.	(09 51) 201400
Speedskating	Türkischer Sport-Club Bamberg e.V.	Mehmet Yardimci (09 51) 16797
	Eis- und Roll-Sport-Club Bamberg e.V.	Werner Friedrich (09 51) 14345
Squash	Capitol-Squash-Club Bamberg e.V.	Apollo-Squash-Center (09 51) 131013
Swimming	Reha-Behinderten- und Versehrten-Sportverein Bamberg e.V.	(09 51) 36182
	Deutsche Lebens-Rettungs-Gesellschaft Bamberg-Gaustadt e.V. (DLRG)	
	- auch Rettungsschwimmen -	(09 51) 62577
	Schwimmverein Bamberg 1925 e.V.	(09 51) 51939803
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Tennis	Wasser-Sport-Verein Neptun Bamberg e.V.	Paul-Heinrich König (09 51) 42915
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	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12315
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	Leichtathletikgemeinschaft Bamberg	Alfred Kotissek (09 51) 41472
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Triathlon	Postsportverein Bamberg 1928 e.V.	Johann Wagner (09 51) 47511
	TSG 2005 Bamberg e.V.	(09 51) 27484
	DJK Teutonia Bamberg-Gaustadt e.V.	Karl Schlichtig (09 51) 602332
	Interessengemeinschaft für Ausdauersport (Ifa)	
	Nonstop Bamberg e.V.	Oliver Held (09 31) 405466, (09 31) 3801271
Underwater-Rugby	Tauchclub Bamberg e.V.	Wolfgang Kostal (09 51) 12143
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	Kneipp-Verein Bamberg e.V.	(09 51) 61136
	Postsportverein Bamberg 1928 e.V.	Dieter Hörath (09 51) 34066
	1. Motorboot- und Wasserski-Club Bamberg e.V.	Dr. Hans Partheimüller, Valentinstraße 26, 96103 Hallstadt
Volleyball	Kraft-Sport-Verein 1894 e.V. Bamberg	(09 51) 5193115
	Kneipp-Verein Bamberg e.V.	(09 51) 61136
Walking	Männerturnverein von 1882 Bamberg e.V.	(09 51) 12315
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MOBILE INTERNET, SMART PHONE CARRIERS DUPING CONSUMERS

by Douglas DeMaio, USAG Bamberg Public Affairs

Bamberg's Army Community Service Financial Readiness Program. "The situation only gets worse if we consider the spouses that very rarely are briefed about this important subject."

Piedade, who put together a database at ACS to track the various plans, said he found after several simulations for the same utilization a large gap between the cheapest and most expensive plan.

"As an example, a client that uses 850 minutes, sends 1,000 Short Message Service texts and utilizes 750 megabits of data during a monthly billing cycle can be charged as little as \$ 50 or more than \$ 500 depending on the chosen plan," Piedade said.

The Federation of German Consumer Organizations issued a report in March stating telecommunication providers in Germany charge high prices and that there is insufficient price transparency on wireless data rates.

"Service provider salespersons here have mislead consumers about a service they are selling," said Eugene Woods, Bamberg's ACS Financial Readiness Coordinator.

Newcomers tend to trust people selling a familiar service, but they should listen more to what is being said by community members that had to cope with surprisingly high bills or other types of situations.

Some providers have sent text messages to consumers that change a phone's setting.

BAMBERG, Germany – The internet is crucial for military personnel overseas to communicate with Family and friends, but some telecommunication companies in Germany are apprehensive about letting consumers know the cost of their correspondence.

"Soldiers can't live a week without a phone and most of the time they have already signed a two-year contract before receiving any briefing that explains to them how communications work here at their new duty station in Germany," said Jose Piedade, a volunteer at

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Foto: Simon Hupfer

One consumer, Angenetta Lambert, who is a military spouse in Bamberg, confirmed one of the four major telecommunications carriers in Germany did this to her daughter's prepaid phone.

Lambert purchased a prepaid card and watched as the prepaid minutes were eaten away by the phone's connection to the carrier's network.

"The phone would just be sitting, not in use, and absorb the minutes," Lambert said.

By the publication deadline, spokespersons from T-Mobile and Vodafone did not respond to a media query on whether the companies send text messages to consumers that activate a phone's setting so consumers are charged more money.

Service members and their Families should be mindful about their data and voice usage through service provider because they could be in for a big surprise when they get a bill from their provider.

The subject of service providers charging high amounts for data, voice and wireless services has been such a hot topic that many reports from different authorities have been generated.

Germany's Federal Minister of Consumer Protection Ilse Aigner labeled some telecommunications firms' practices as "dubious."



Foto: Deutsche Telekom AG

Consumer protection involving telecommunications services in Europe have recently increased. However, the operators easily avoid regulations because clients can easily waive their rights without having transparency on what they will be charged when they waive their rights.

"Consumers are unaware of their rights and rely on the information provided by less than informed sales professionals that convey the information they are paid to convey by the service providers they represent," Piedade said.

A European Union commission report states consumers and business travelers will be protected from unexpected "bill shocks" for downloading data over mobile networks.

Regulations the EU instituted in July 2010 put a cap on some monthly charges and data downloading was limited to € 50 a month unless the customer explicitly agrees otherwise, but the regulation has not stopped service providers from insidious behavior and draining people's bank accounts.

Another EU report states "consumers are benefiting from reductions in the prices for voice and SMS roaming services and from increased transparency. The prices for data roaming have also fallen but consumers are not yet enjoying fully the reductions seen at wholesale level."



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"PASSPORT, PLEASE."

by Mindy Campbell, USAG Bamberg Public Affairs

BAMBERG, Germany – The idea of passports, or some type of document that identifies you and your nationality, has long been a part of history.

Some of the earliest references to passports can be found in the Bible and date back to about 450 B.C. when a man named Nehemiah was given a letter from the king asking distant officials to allow the man safe travel as he journeyed to Judea, according to the book "The Passport: The History of Man's Most Travelled Document."

In the United States, the individual states began issuing passports in 1775. The document was designed by Benjamin Franklin, then the minister to France, and was based on the look of the French passport. It wasn't until 1856 that Congress granted the Department of State sole authority to issue passports.

While today's passports may look a whole lot different than those original documents, the purpose hasn't changed much over the years. However, today's passport is a much more complex document than the original. Many people often get confused by the differences in the types of passports and how to use them.

There are several different types of American passports including: tourist (blue cover), official (maroon cover) and diplomatic (black cover). In addition to the regular tourist passport, there is also a no-fee tourist passport, which also has a blue cover. While an official or diplomatic passport is considered a no-fee passport, the blue no-fee tourist passports are typically issued to family members who are traveling on orders for the U.S. government, according to the Department of State website.



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Know the dos, don'ts of passport usage worldwide

Community members are allowed to have both a no-fee and tourist passport at the same time.

But, when is the right time to use the no-fee passport?

According to the Department of State, a no-fee passport should only be used when traveling overseas on official orders. For example, when you are traveling to a new duty station, you would use your no-fee passport. When traveling for leisure or personal reasons, you must use your tourist passport, said Don Johnson, the Bamberg military passport acceptance agent.

In fact, it is against the law to use your no-fee passport when on leisure travel, said Johnson.

„You could get fined,” he said.

If you only have a tourist passport, you are technically only allowed to stay within a foreign country for a maximum of 90 days every six months.

So, what happens if you came to Germany with just a tourist passport?

No need to worry, said Johnson. If you just have a tourist passport and do not have a no-fee passport, you can go to the passport office and apply for a Status of Forces Agreement, or SOFA, card that can be inserted into your tourist passport.

One thing Johnson cautioned is to not wait until the last minute to do passport paperwork.

If you are applying for a tourist passport, the process can take up to four weeks, he said. An official passport can

take between four and six weeks to get back. Johnson recommends starting the renewal process at least 90 days before the passport expires.

In addition, while the passport office doesn't process Visa applications, they do have information packets to let you know what you need to do to get one. Johnson encourages community members to start thinking well in advance about applying for a Visa if needed.

“Sometimes it can take up to a year to get through the Visa application process,” he said.

If community members have a baby overseas, they will also have to apply for a Consular Report of Birth Abroad before applying for a passport. Parents can also apply for a newborn's Social Security card at the passport office as well.

Information about passports and documents can be downloaded from the www.bamberg.army.mil website or by stopping by the passport office. Photos for the passport can be obtained at the Community Activity Center Tuesday through Friday from noon – 5 p.m. Once you have the packet and all the documents, the visit to the passport office only takes about 5-10 minutes, Johnson said.

The Bamberg passport office, located on the first floor of the Service Credit Union building, is open Monday through Friday for from 8 – 11:45 a.m. for walk in appointments dealing with passport or SOFA issues and 1 – 4 p.m. for Consular Reports of Birth and by appointment.

For more information, contact Don Johnson at 0951-300-8928, log on to <http://www.bamberg.army.mil/directorates/dhr/passport.asp> or find more information at http://travel.state.gov/passport/passport_1738.html.





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PEOPLE ENCOURAGING PEOPLE CELEBRATES CLASS REUNION

by Szilvia Ascencio-Csapó, Family & MWR Marketing Volunteer

The challenges of moving to an overseas Army post can negatively impact the life of family members and create stress and reluctant attitudes. Lack of language skills, deficient knowledge about the host nation country and separation confront military spouses with obstacles difficult to overcome.

Bamberg's Army Community Service offers a free program to overcome these factors called People Encouraging People.

"PEP is a welcome program, which gives individuals points of contact, resources, an immediate support system and the life skills necessary for being a military spouse in a foreign country," said Kimberly Millner, PEP coordinator at the Bamberg Army Community Service (ACS).

PEP was developed in 1993 by Holly Scherer and Heather Reekie to improve the quality of life for military Families stationed in Bamberg. The program focuses on spouses. The friendly and relaxed atmosphere gives spouses encouragement to ask questions, learn from each other and connect with one another.

"I recommend PEP to all spouses, new to the Army or not, because you learn for the entire family," said Renee Slater, a program participant."

The program provides information about on- and off-post organizations, TRICARE, patient liaisons, environmental practices, housing zone coordinators and employment opportunities. German spouses are encouraged to register for classes as well as contribute to the learning of German customs, culture and language. During the week-long program, the participants meet guest speakers of approximately 30 agencies and offices, including

the garrison commander, who welcomes the spouses to Warner Barracks. A vital part is the field training. Spouses practice riding the train and buses and learn about travelling in Germany and Europe.

The program's agenda includes tours of the garrison, the local hospital, a number of stores and the city of Bamberg, which is a United Nations Educational, Scientific and Cultural World Heritage city. A train trip to Erlangen is the highlight of every PEP week. At the end of the year, all groups reunite for a trip to the Christmas market in Nuremberg.

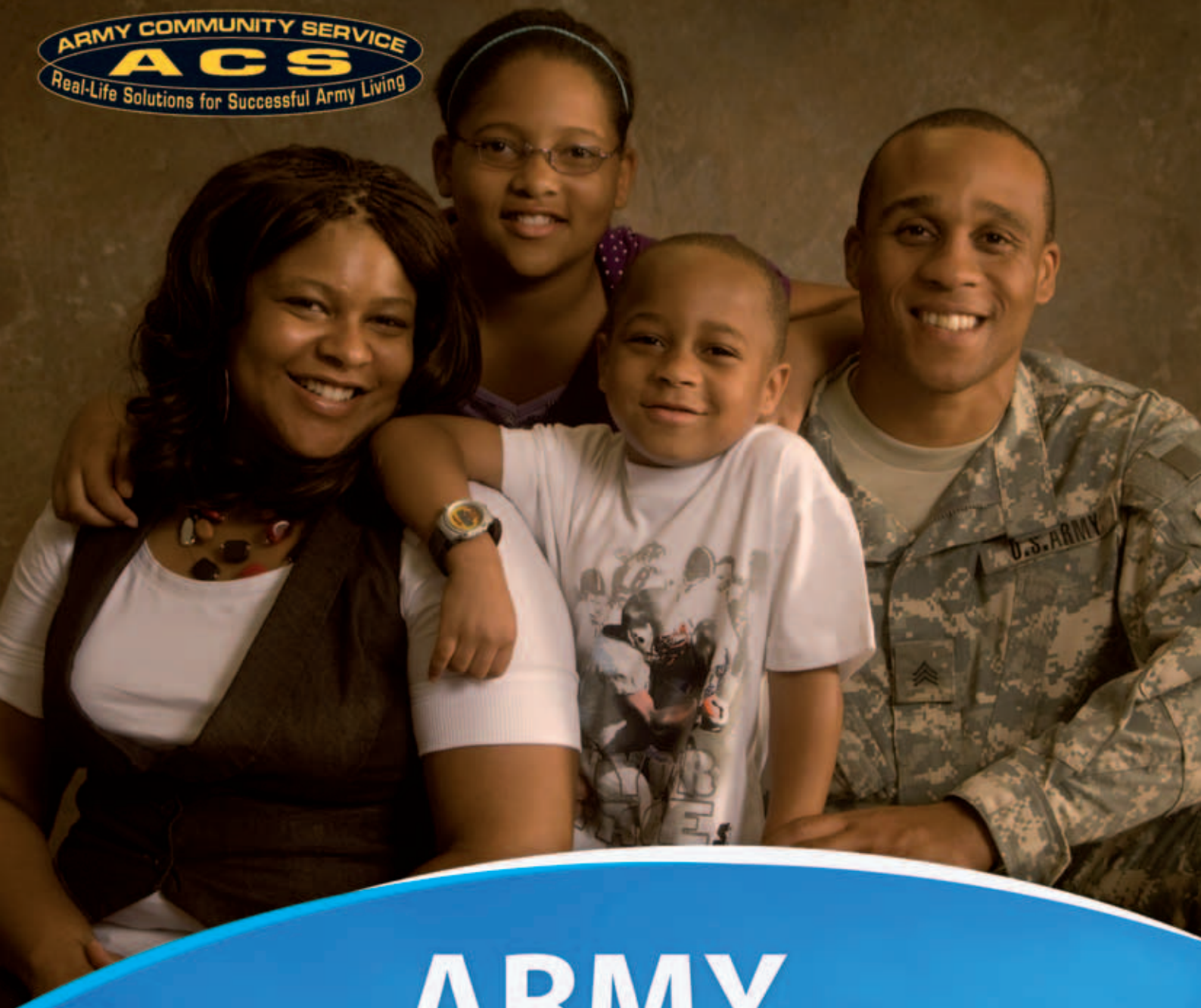
In 2010, Millner gave 107 participants encouragement and more self-esteem for living overseas.

"After completing the program, participants have reported feeling less stressed, more confident, and have brighter more positive attitudes about being in Germany," Millner said.

Spouses take home not only a notebook full of German phrases, traffic signs, conversion tables to refer to when needed, but also friends, connections and knowledge to successfully meet future challenges and prevent possible crises. "I thought it (was) fun and informative," Slater said. "I feel more comfortable being in Germany. With the trip to the Klinikum I feel more prepared."

Child care, which is available upon request, makes it possible for mothers to participate as well.

"Bamberg is a wonderful place to be stationed," Millner said. "It is up to you to make this tour a fun one. For more information and dates on PEP classes, call 0951-300-7777. Registration is free, but limited slots are available for the PEP class, so sign up early."



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PWOC:	Protestant Women of the Chapel
Club Beyond:	Chapel Youth Program 7th – 12th Grade
CFLC:	Chapel Family Life Center
PMOC:	Protestant Men of the Chapel

Chapel Schedule

Catholic

Sunday

09:00 Catholic Mass

10:30 Religious Ed. for High School Children's Faith Formation

Monday – Friday

08:30 Catholic Mass

Tuesday

11:30 MCCW



Gospel

Sunday

12:30 Prayer Service

13:00 Worship Service

Thursday

18:00 Praise and Worship Rehearsal

19:00 Word and Worship (Bible Study)

Protestant

Sunday

11:00 General Protestant

15:30 Bible Club for Children (AWANA) – Chapel and High School Gym

Wednesday

09:00 Women's Bible Study (PWOC)

17:30 Praise Team Rehearsal

18:30 Young Adults / Singles Bible Study

Thursday

11:30 Men's Bible Study luncheon

Youth Opportunities

(During school year)

Thursday

15:00 *Middle School Club Beyond

17:30 *High School Club Beyond

* Dinner is included

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Contact Chapel for current POC

Foto: Courtesy of U.S. Army

Information can be subject to change.



CONFUSED ABOUT MOBILE PHONE PLANS ABROAD?

Language barrier on tariffs, plans could cost U.S. personnel big money

by Douglas DeMaio, Bamberg PAO

Confusing is one word to describe the complexities a Soldier, family member or civilian could face when exploring their options for a mobile phone. Mindboggling is another word to describe the feeling one may get when they receive their bill.

Communicating in the 21st century frequently demands a person own a mobile phone; life without one can leave a person isolated from friends, family and colleagues.

Selecting the right mobile phone carrier and plan while living overseas can be challenging for U.S. personnel. Mobile phone contracts can cost customers big money, especially when there is a language barrier and a misunderstanding occurs between a customer and sales representative.

So how should someone new to Germany approach the idea of getting a cell phone? What should they look for in a plan or know about mobile phone contracts?

Here are some things to consider when selecting a mobile phone.

Prepaid Phones

Prepaid phones are probably the best option for most people. There are no hidden fees or stipulations, no contracts and no cancellation fees associated with the phone use.

Other than paying for a higher cost per minute, customers can decide the amount they are willing to spend per month. The flexibility that comes along with a prepaid phone cannot be matched by any phone plan; customers don't have to worry about what they will need to pay at the end of each month.

For those who buy a prepaid phone card at Army Air Force Exchange Service, the card can be bought in dollars but the minutes are converted and charged in Euro. The phones can be purchased for a good price as well.

Prepaid phones are available at AAFES for about \$20. Prepaid phones purchased on the economy start out at a similar price and cost as much as €100.

Committing to a Contract

Mobile phone contracts are generally a two-year commitment and ending the contract is not always a simple task, depending on the carrier. Once a customer's signature is on the dotted line, there are serious financial responsibilities, as well as legal repercussions for cancelling an agreement.

Customers may not fully understand their phone contract, provider plan or legal rights, but not understanding does not mean the customer avoids liability.

Service providers Vodafone, O2, T-Mobile and E-Plus are the four major mobile phone providers in Germany.

If a Soldier deploys or changes duty station, there is no guarantee they can get out of their mobile phone contract without having to pay extra fees.

While some of these service providers have agreements with Army Air Force Exchange Service, not all do. Those located on U.S. military installations will have an agreement. These agreements allow a Soldier to get out of their contract if the Soldier deploys or PCS. However, there are certain restrictions, and customers should be aware that PCSing to other parts of Germany or Europe might not allow the contract to end.

Another thing Soldiers, family members and civilians should be aware of is that to end a contract, there has to be written notification. A mobile contract here in Germany does not simply end; three months before the contract should end, if there has been no notification to terminate the contract by sending a Kündigung, the contract is automatically renewed. Certain providers might accept the Kündigung in English while others may require it in German.

Plans and Service

The four major carriers each have their own plan and unique way of running the business.

While T-Mobile offers an English customer services line to those in Germany, E-Plus does not. According to a statement from E-Plus, since the company is a German mobile phone company, all its services will be in the German language, which could cost the company revenue.

The potential market for military mobile users in Germany is around \$60 million per annum*.

Offering a service in the English language is definitely something to consider when picking a mobile phone provider. While none of the four major providers in Germany offer the Web sites in dual language, such as the English / Español option in the United States, some of the providers try to facilitate business in English.

Some European services are said to be 10 to 15 years behind the states; mobile phone services and plans fit this description.



Plans differ by company; calls to other service provider's networks, as well as texting, internet use and exceeding the plan's minutes, could cause the bill to be exceptionally high.

Plans are usually limited to 60, 120, 240 minutes, there are no carry over minutes and the price per minute to other networks is costly.

When looking for the right mobile provider, it is a good idea to see what provider friends and family use. Doing this will reduce the possibility of receiving additional fees on a bill.

Getting the Phone You Want

Smartphones have become the rave.

From HTC, LG, Nokia, Samsung and Sony Ericsson, almost every phone vendor is making a Smartphone and the providers have exclusive contracts on phones.

Even Google is getting in on the Smartphone action. While the Apple iPhone is unique to T-Mobile, the Palm Pre is unique to O2. Unless a phone can be unlocked from a network, customers don't have much of an option on what mobile carrier they will use, especially if their heart is set on getting a certain phone.

For those who purchase these phones, buyers beware. More customers will use these phones for accessing the internet or running an application. If users don't have the right plan, their bill will be very high.

For those that do have a good plan, read the fine print. Service providers have certain limitations on data rates. If a user exceeds their limitation, the speeds for both uploads and downloads will crawl to a rate similar to dial up – dial up noise not included.



Fine Print

Reading the fine print on a mobile plan is always one of the most important things to consider before signing a contract.

This is where one can find additional charges, restrictions and stipulations.

The phrase “the devil is hidden in the details” should come to mind when deciding on a plan.

Tax Relief (VAT form)

U.S. personnel cannot use a VAT form for telecommunication plans, contracts and minutes. However, customers can use the VAT form to buy a phone purchased separate from the contract and plan. The vendor must also be willing to accept the VAT form.

Customers should also be aware that a 19 percent tax will be charged to their mobile phone bill.

This is another reason why the prepaid phone is so appealing. There is no tax applied to prepaid phone card minutes purchased through AAFES, which could make up for some of the additional costs of prepaid minutes.

The bottom line is those new to Germany should do their research before making any commitments to mobile phone carriers.

*The potential market is based on 100,000 customers paying an average monthly mobile phone bill of € 35. According to European Command – Force Strength, there are roughly 70,000 military and civilian personnel in Germany. This includes Airmen, Soldiers, Sailors and Marines. With dependants, the U.S. population in Germany nearly doubles to around 120,000.

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IT ALL MAKES 'CENTS' – RECYCLING AND ENERGY SAVING

by Dr. Isabelle Fahimi

One of Bamberg garrison's environmental goals is to increase the recycling rate. USAG Bamberg has constructed a spacious new Recycling Center behind the Community Bank that takes almost every possible item, from electronic waste over medication to bulky furniture. Furthermore, there are color-coded "recycling islands" all over post, collecting paper and cardboard (blue), metal (grey), plastic (yellow) and glass (red). Why all that effort? USAG Bamberg receives money for paper and cardboard, for scrap metal, and for car batteries. This money goes back to the USAG Bamberg Military Community, it is used for playgrounds, roads, for you! In fiscal year 2011, we have received approximately 18,000 Euros for recyclables. The more "remaining", un-recycled waste we have, the more we have to pay for disposal. If a bin of recyclables is contaminated with too much other trash, it has to be disposed of as remaining waste.

Because making products from raw materials consumes larger amounts of energy and depletes the earth's natural resources, you are saving energy by recycling. Do you know how much energy is saved in the manufacturing process by using recycled materials?

- A recycled glass bottle saves enough energy to power a computer for 25 minutes.
- A recycled tin can saves enough energy to power a television for 3 hours.
- A recycled plastic bottle saves enough energy to power a 60-watt light bulb for 3 hours.

Paper should be clean, there shouldn't be foil on paper waste (so milk cartons and coffee-cups-to-go go in the plastic waste), and there is no need to rinse or remove

paper off cans. If you live on post, you do not need to separate colored glass (if you live off post, you have to separate colors). Look out for the word "Pfandflasche" on bottles: bringing these back to the shop will get you a deposit back of up to 25 Eurocents per bottle (but "Keine Pfandflasche" means that there is NO deposit, please add to the appropriate recycle bin then). When purchasing off-post, plastics usually have the "green dot". It means the disposal is paid for. They are collected twice a month; for pickup schedules visit the Environmental Division SORTpage at <http://www.bamberg.army.mil/dpw/environment/sort.htm> or call the Environmental Division at DSN 469-7730, or 0951-300-7730.

Other things you can do to save energy and money:

- Turn off lights, coffee pots, radios, fans and other appliances when not needed, use "power strips with switch" to avoid "standby losses".
- When shopping for appliances, look for the ENERGY STAR label.
- When buying food, buy local and seasonal products (e.g. carrots from the Bamberg area vs. pineapples from Hawaii, and strawberries in spring instead of winter) as they don't require as much energy to be transported.
- When cooking pot and cooking site diameter should correlate, put the lid on and use the smallest possible pot. Try to stir-fry: the meat and vegetables are cut into small bite pieces and cooked in a moment in hot oil.
- Buy a car that gets good gas mileage and keep your car well maintained.



PAPER

Do recycle

- Newspapers
- White paper
- Colored paper
- Junk mail
- Advertisements
- Envelopes
- Computer paper
- Brown paper bags
- Cardboard
- Magazines
- Telephone books
- Gift wrapping paper

Don't recycle

- Carbon paper
- Photographic paper
- Napkins (used)
- Paper towels (used)
- Facial tissues
- Waxed paper
- Plastic coated paper (laminated)
- Milk cartons (plastic)
- Juice cartons (plastic)
- Wallpaper
- Dirty paper plates



GLASS

Do recycle

- Soda bottles
- Beer bottles
- Juice bottles
- Food jars
- Wine and liquor bottles
- Drinking glasses

Don't recycle

- Mirrors
- China
- Stoneware/pottery
- Crystal glass
- Light bulbs/tubes
- Car/window glass



METAL

Do recycle

- Soda/juice cans
- Food cans
- Coffee cans
- Aluminum pots
- Pans
- Scrap metal (small pieces)
- Caps of beverage bottles
- Metal jar lids

Don't recycle

- Vacuum wrappings for coffee etc.
- Metallic wrapping (dirty)
- Frozen food trays



PLASTIC

Do recycle

- Plastic bags
- Plastic bottles
- Plastic cups
- Wraps/Foils
- Margarine cups
- Potato chip bags
- Milk cartons
- Juice cartons
- Styrofoam
- Styrofoam chips
- Mix layered wraps

Don't recycle

- Diapers
- Leather
- Rubber
- Plastic wallpaper



GREETINGS AND GOODBYES ON A BOSS TRIP

by Szilvia Ascencio-Csapo, MWR Marketing Volunteer

Wonderful winter weather with glistening snow and fresh crisp air greeted the BOSS travel group, my husband and I, and so many other soldiers and Family members. Before the bus could leave the chapel parking lot the entire luggage, travel equipment, travel guides, street maps, cameras, imagination and excitement to spend New Year's in one of the fascinating European cities, had to be stowed. Our tour guide Brad greeted us and we finally hit the road to Europe's most modern and unique metropolis: London, England.

On our way through Germany, Belgium, the Netherlands, France, the spirit of the events to come and the character of this unique city with more than seven million inhabitants caught us – energetic conversations on shopping opportunities, fashion, arts, and party locations, eager exchange of musical and entertainment reviews, and facts on all those famous sights. Brad, who

spent years in London, gave us tips on how to get around in London, on interesting places you can't find in any travel guide, and he answered all those questions popping up in our heads.

Finally arriving in London the city greeted us with the typical weather, but in company of new friends and travel mates we were more than ready to explore the city of London, the North and Southbank of the Thames River.

Our first stop was the Thames River Southbank, a riverside development within the boroughs of Lambeth and Southwark. Throughout history Southside Thames River developed slower and in a different way than the north side, but today it is a very popular for entertainment,





culture and restaurants, and filled with tourist attractions like the London Eye, the National Theatre, Sea Life London Aquarium and the London Film Museum. But it has more to offer if you leave the main streets: Open-air book stores, street artist and the Shakespeare's Globe theatre. It is also the perfect place to take one of those nice holiday pictures with the City of London, Thames River, and Northbank in the background. I said good bye to Southbank, crossed the Thames on Westminster Bridge, checked the time on Big Ben next to the Place of Westminster, and met the other brave explorers back at the bus.

I heard about the City of London and its unique flair, shops and stores, pubs and restaurant, and I fell in love with all the other attractions my fellow travellers had already seen. Cosy rooms, a good restaurant, and excellent service awaited and greeted us in our hotel. Being happy, but exhausted, we enjoyed our first evening and night at the hotel.

The next morning a gourmet breakfast buffet awaited us, leaving no one hungry for this adventurous day to come, but the last one for the year. We "minded the gap" and boarded "The Tube" to downtown London. We got off the underground and entered the pulsing heart of London on this day: energy, excitement and London-city workers preparing the last party of the year. On a walking tour we explored the City of Westminster and Westminster Abbey, the famous Tower Bridge and the London Tower, walked through the grounds of Buckingham Palace, saw the famous double-decker buses, walked Oxford.

The temptation of shopping caught me at the famous Harrod's department store where ordinary people and so many VIPs and famous people are equal customers. A dinner, a pint of ale and the unique atmosphere in of the many pubs you can find in downtown London recharged us with the energy to say good bye to the old and greet the new year under a dark, but clear sky illuminated with one of the most beautiful fireworks I have even

seen. The sight, the atmosphere and the energy coming from all the people who gathered near the Thames River made this an unforgettable memory. After enjoying the end of the old and the beginning of the new years at Picadilly circus, we headed back to the hotel.

Our last day had arrived too soon. We already had our plans for the day, but were tempted to change them after all those adventures and stories we heard from our fellow BOSS group travellers. Windsor castle, musicals like Les Miserables, Wicked, and The Phantom of the Opera, Greenwich Village, the British Museum or the National Gallery are major attractions and worth spending your last hours in London on. But we agreed on taking a special tour – following in the footsteps of two of the many famous people we connect with London: Sherlock Holmes and Jack the Ripper. We boarded the underground and headed to Baker Street, entering the house where Sherlock Holmes and Dr. Watson had. Fascinated by all the exhibits in the small house the famous detective and his loyal companion called their home, we spent hours in London of another time.

Walking the streets in the East End in an early gloom made the experience of the Jack-the-Ripper walking tour one of the most memorable ones. A small booklet we picked up in a corner shop gave us details on the "crime scenes", the victims and all the other things which make these gruesome happenings one of the best-known things about London.

"It was such a great opportunity for members of the Bamberg community to take part in this Family and MWR sponsored road trip across Europe to discover London. What a way to boost the community's morale with such a great trip", summarized Daniele Ocanas this trip. Being back in Bamberg we said good bye to our new friends, travel mates, our guide Brad and the two wonderful bus drivers; and many already had the next London greetings in mind when getting in their cars in the chapel parking lot in cosy Bamberg.



FAMILY AFFAIRS

by Simon Hupfer, MWR Marketing Manager

If you enter the former horse stables of the German Cavalry Regiment 17 today, you might hear a piano running scales up and down. Posters and flyers are greeting from the wall. The office that might have been a tack room for the cavalry sits across the entry and is busy; Jack Austin and his co-worker are discussing the cast of the upcoming musical. The old brick building hosts

Bamberg's Stable Theater, a little jewel case for American theater and musical culture. "We really exist by about 100 volunteers that support our shows as actors, technicians, set builders and costume designers," says Austin. Every year he and the 'Stable Theater Family', as he calls it, put together four to six shows. "These shows are really our bread and butter," Austin says.



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"The most rewarding aspect about my job is that we can do something to impact these families and soldiers", Austin says. "Our volunteers sometimes lose themselves here; they enjoy just immersing in the work. People tell me they feel at home and welcome here, I think because we offer a creative freedom people don't find very easily in their every day lives," he says. The recreational benefit of being part of this creative family can't be over-estimated: "We had a Soldier approach me before he left Bamberg. He thanked us effusively, and said we probably saved his life. He had obviously gone through some difficult times, but here, being appreciated among fellow performers helped him; here he succeeded and felt as part of a great team."

It took Austin some time to realize the importance of appreciating his volunteers as customers, "the second- – maybe the first- – side of my customer base", as he puts it. The other, of course, is the audience that comes to see the shows, to take instrument lessons, or to use the practice rooms or the new fully equipped recording studio.

When Austin, 52, became the entertainment director for Family and Morale, Welfare and Recreation (FMWR) at U.S. Army Garrison Bamberg, Germany, in 2001, he came over as a dependant. His wife had accepted a job as a therapist with the Army. "I was actually Mr. Mom at that time," he says, taking care of his two daughters. As a certified architect and operations director of a mid-sized design firm, he was involved in designing performing arts theaters around Philadelphia. And he occasionally played the piano, bass or percussion in local theater productions. His skills as musician, designer and carpenter were very welcome at the theater in Bamberg.

Austin volunteered for about a year at the Stable Theater before applying for the job. "Steven Schwartz' 'Pip-pin' was the first show I saw on Broadway, the one that lit my fire for musical theater. So it was also the first show we did here in Bamberg, when I took charge of the

entertainment operation, and it was a success and a rewarding experience."

Today, organizing and running special events like the Soldier Show or 4th of July celebrations also fall in his lane, as well as bands that tour military installations, artists like 'Crunk' rapper LiL Jon, country rock singer Edwin McCain, fun punk band LIT and, just recently, the Lo Cash Cowboys. "We documented 24,000 contact hours in the last twelve months – face time with our customers – with a staff of two at that time," Austin says, not without some pride.

Being proud of the community's talent also manifests itself in the record that Bamberg Stable Theater still shares: 13 Topper Awards, the U.S. Army's Oscar for entertainment productions, in 2007 are decorating the Theater's entry area for their production of "Little Women", an accomplished still as good as any.

The seed for the high quality standard was planted partly by the First Infantry Division Band, stationed in Bamberg until 2006, but the talent came from outside the band, before and since.

"We are always awed by the talent that comes through Bamberg. And just when it seems so many are moving out, a new group arrives, as seems to have happened again this Fall," he says. "We are working hard to keep the good reputation that we have built since shortly before I arrived," Austin says. When reaching out for new performers for the Stable Theater family in the Bamberg community, he reveals his recipe for success: "It's not so much the number of programs and the amount of money you spend on your productions. It's providing the opportunity and the freedom for people that meet here to create something great together."



www.bamberg.army.mil/directorates/dfmwr/st.asp



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